



Recipes

Grains

Chimichurri Quinoa with Aduki Beans

Prep Time: 2 minutes

Cooking Time: 30 minutes

Yield: 8 servings

Ingredients:

- 1 cup quinoa
- 2¼ cups water
- Pinch of sea salt
- 3 tablespoons vinegar (red wine or apple cider)
- 2 tablespoons water
- 2 cloves garlic
- 1/2 teaspoons chili flakes
- Salt and pepper to taste
- 1/4 cup extra virgin olive oil
- 1 cup cooked aduki beans
- 1 small bunch flat leaf parsley

Directions:

1. Rinse quinoa.
2. Bring water and salt to a boil and add quinoa.
3. Simmer covered for 20 minutes or until grains are fluffy and water is absorbed.
4. Make chimichurri sauce: combine vinegar, water, garlic, chili flakes, salt, pepper and oil in a blender and pulse until well combined.
5. In a big bowl, gently mix together quinoa, chimichurri sauce and aduki beans.
6. Garnish with a few whole parsley leaves.